

# ARE YOU BEING STALKED?

Stalking is a series of actions that make you feel afraid, distressed, or in danger.

Stalking is serious, often violent, and can escalate over time.

Are you...

- Always looking over your shoulder?
- Confused about how someone always seems to know where you are?
- Unsure when that person will show up again?
- Nervous about checking your e-mail or phone because it might be him/her/them again?
- Scared of what that person might do next?

You may be a victim of stalking.



**If you are in immediate danger, call 911.**

**To file a report call:**

Park County Sheriff  
222-2050

Livingston City Police  
222-2050

Meagher County Sheriff  
547 -3497

Sweet Grass County Sheriff  
932-5143

Speak to your lawyer or  
Montana Legal Services  
800-666-6899



Abuse Support & Prevention  
Education Network

**222-8154**  
TO SPEAK TO  
AN ADVOCATE

# STALKING

A pattern of behavior directed at a specific person that would cause a reasonable person to feel fear.

# WHAT YOU CAN DO

**Trust your instincts.** Victims of stalking often feel pressured by friends or family to downplay the stalker's behavior, but stalking poses a real threat of harm. Your safety is paramount.

**Call the police** if you feel you are in any immediate danger. Explain why the stalker's actions are causing you fear.

**Keep a record** or log of each contact with the stalker. You can use this log as an example. Be sure to also document any police reports. There are apps available to help keep accurate logs such as Docusafe and VictimsVoice.

**Save evidence** when possible. Stalkers often use technology to contact their victims. Save all emails, text messages, photos, and postings on social networking sites as evidence of the stalking behavior. You may also want to consider how to use your technology and your devices in a safer manner. For more information, please visit the National Network to End Domestic Violence Safety Net Project's Tech Safety Site.

**Get connected** with a local victim service provider who can assist you in exploring your options, such as Temporary Order of Protection & Actual Notice; as well as discuss safety planning.

**Create a safety plan** that covers your information, digital access, house, work, travel routes & more. ASPEN can help.

Date	Time	Location
What Happened		
Witness Name	Phone #	email
Report filed ___/___/_____	CAD#	Officer's Report #
Officer Name	Badge#	

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A **CAD#** is generated every time a call is made to dispatch. Let the officer know about any previous incidents from other counties.